DOCUMENT RESUME

ED 446 301 CG 030 409

AUTHOR	Wubbolding, Robert E.
TITLE	Reality Therapy for the 21st Century.
ISBN	ISBN-1-56032-886-X
PUB DATE	2000-00-00
NOTE	264p.
AVAILABLE FROM	Taylor & Francis Group, 7625 Empire Drive, Florence, KY 41042. Tel: 800-634-7064 (Toll Free).
PUB TYPE	Books (010) -- Guides - Non-Classroom (055)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	*Behavior Modification; Coping; *Counseling Techniques; Counseling Theories; Counselor Training; Cultural Pluralism; Interpersonal Competence; *Problem Solving; *Reality Therapy; Stress Management
IDENTIFIERS	Brief Therapy; Choice Behavior; Glasser (William); Reality Counseling

ABSTRACT

This book serves as a comprehensive and practical guide to reality therapy, and extends its principles and practices beyond the initial descriptions. A central theme of this edition is that reality therapy is a method inherently designed for the exigencies of the 21st century. It contains 22 types of self-evaluations counselors can use to shorten therapy time in this current managed care environment. An interview with William Glasser, founder of reality therapy, is included. Chapter One provides ideas on how to handle conflict. Chapter Two presents an interpretation of choice therapy and the twofold teleology of total behavior. Chapter Three describes some differences in reality therapy. Chapter Four details the history of reality therapy and explains the Choice Community Project. Chapters Five and Six delve into behavioral theories. Chapter Seven presents a workable model for counseling applied to relationships. Chapter Eight describes how to create the therapeutic environment. Chapter Nine discusses specific interventions. Chapter Ten discusses the qualities needed in order to use reality therapy. Chapter Eleven spells out the variations for the cultural adaptation of reality therapy. Chapter Twelve summarizes a sampling of research studies. (Contains 1 table, 9 figures, and 298 references.) (JDM)

Reproductions supplied by EDRS are the best that can be made
from the original document.